

It's Not Too Late... To Vaccinate!

Getting vaccinated in January or February can still protect you from the flu.

Flu shots are recommended for:

- Adults **50** years and older.*
- All children age 6–23 months.**
- Individuals with asthma, diabetes and other chronic medical conditions.**
- All women who will be pregnant during influenza season.**
- Residents of nursing homes or long-term care facilities.**
- Children on chronic aspirin therapy.**
- Individuals who live with or care for infants younger than 6 months old.
- Health care and emergency service workers.

For more information on flu and flu vaccine, go to: www.dhs.ca.gov or www.cdc.gov

Note: Restrictions on flu vaccine have recently been lifted. All Californians are now eligible for flu vaccine.

*** Close contacts of adults 65 years and older are also recommended to get vaccinated.**

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